

Trust Deposits

5 minutes a day, plus a weekly check-in. For when trust has been shaken.

1. **Once: the apology.** Name the behavior. Name the impact. Sorry, no “but”. Say what will change.
2. **Every morning, 2 minutes.** One small, specific promise, said out loud. “Today I will...”
3. **Every evening, 2 minutes.** Confirm it was kept. “I said I would, and I did.” Missed it? Say so, and make a new one.
4. **Every week, 25 minutes.** “What helped you trust me more this week?” “What still feels wobbly?”

Remember: feelings lag behind actions. Keep depositing on the boring days.

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